



September 2011

Issue No. 277

*32<sup>nd</sup> Metros Fun Run*  
*Brian Jackson Fun Run*

1<sup>st</sup> October 2011

Something for all the family!  
See inside for details



Including BJ Challenge, Bus Pass Challenge and Duathlon

# *Metros Diary*

## SEP

|                 |                                                  |                      |
|-----------------|--------------------------------------------------|----------------------|
| Sat 3           | 5 mile handicap, Roxbourne Park                  | 8.50 am              |
| Sun 4           | Regents Park 10K Series                          | 9.30 am**            |
| Sat 17          | Wot No Watch                                     | 9.20 & 9.40 am       |
| Sat 17 & Sun 18 | Round Norfolk Relay                              |                      |
| Sun 25          | Moor Park 10K TROPHY/TARGET<br>& Junior fun runs | 3.00 pm*<br>12.00 pm |
| Wed 28          | Committee Meeting                                | 8.00 pm              |

## OCT

|        |                               |                |
|--------|-------------------------------|----------------|
| Sat 1  | BJ Fun Run, Roxbourne Park    | 9.00 am*       |
| Sat 8  | 10K Challenge, Roxbourne Park | 9.00 am        |
| Sat 8  | 5 mile walk, Roxbourne Park   | 9.00 am        |
| Sun 9  | Ridgeway Run                  | 10 am***       |
| Sat 15 | Wot No Watch, Roxbourne Park  | 9.20 & 9.40 am |
| Sun 16 | Cabbage Patch 10 mile TROPHY  | 10 am*         |
| Sat 22 | Beachy Head Marathon          | 9.00 am****    |
| Wed 26 | Committee Meeting             | 8.00 pm        |
| Sun 30 | TVXC League – Metros          | 11.00 am       |

## NOV

|        |                               |                |
|--------|-------------------------------|----------------|
| Sat 12 | Measured Mile, Roxbourne Park | 9.20 & 9.40 am |
| Sun 13 | TVXC League – Datchet         | 11.00 am       |
| Sat 19 | 5K Run, Roxbourne Park        | 9.15 am        |
| Sun 27 | TVXC League – Sandhurst       | 11.00 am       |
| Wed 30 | Committee Meeting             | 8.00 pm        |

## DEC

|        |                                 |                |
|--------|---------------------------------|----------------|
| Sat 3  | 5 Mile Handicap, Roxbourne Park | 8.50 am        |
| Sun 11 | TVXC League – Handy Cross       | 11.00 am       |
| Sat 17 | Wot No Watch                    | 9.20 & 9.40 am |
| Sun 18 | TVXC League – Reading           | 11.00 am       |

\* See inside for details

\*\* [www.regentsparkraces.org](http://www.regentsparkraces.org)

\*\*\* [www.tringrunningclub.org.uk/ridgeway.html](http://www.tringrunningclub.org.uk/ridgeway.html)

\*\*\*\* [www.visiteastbourne.com/Eastbourne-Beachy-Head-Marathon](http://www.visiteastbourne.com/Eastbourne-Beachy-Head-Marathon)

**TVXC – Thames Valley Cross Country – [www.tvxc.org.uk](http://www.tvxc.org.uk)**

Committee meetings are at Methodist Church Hall, Cannon Lane. They are open to all but only the committee can vote.

# *Note from the Editors!*

September is the start of the Metros season, so maybe a time to evaluate your running and set new goals. We would love to hear about your achievements - see article later.

Also a reminder that if you are reading this on paper and would like to receive the all-singing, all-dancing colour email version, our contact details are on the back page. Look forward to hearing from you!

*Jane and Penny Hudson*

## MEMBERSHIP SUBSCRIPTIONS

Membership subscriptions for the year commencing 1st September 2011 are now **due**. Please arrange to pay them as soon as possible. Cheques should be made payable to Metros.

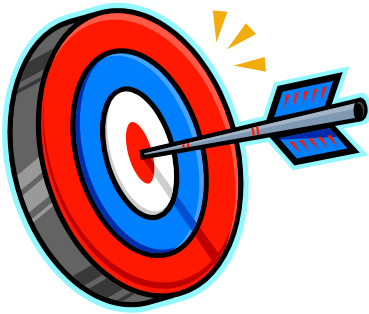
This year membership fees are £15 for individual adult members and £1 for individual under 18 membership. There is a reduced rate of £5 for students in full time education who are between 18 – 21 years.

If there are any alterations to the details on file regarding your membership, i.e. change in 1st claim status, 2nd claim membership of other clubs, address and 'phone number, and e-mail address, please let me know. Please provide mobile telephone number if you want it included on the database.

Thank you to everyone that has already paid.

*Ann Marsden, Honorary Membership Secretary*

# *Target Races*



(The target is to get lots of Metros together!)

Moor Park 10K – See below for details

# *Trophy Races*

Moor Park 10K – Sunday 25<sup>th</sup> September 2011, 3pm  
[www.moorpark10k.org.uk](http://www.moorpark10k.org.uk) - entry £12. On day +£2  
(Junior Fun Runs £6 – start 12noon)

Cabbage Patch 10 – Sunday 16<sup>th</sup> October 2011, 10am  
[www.cabbagepatch10.com](http://www.cabbagepatch10.com) – entry £17 affiliated, £19 non.



# *Cross Country*

## **Thames Valley Cross Country League**

30 October 2011 Metros  
13 November 2011 Datchet  
27 November 2011 Sandhurst  
11 December 2011 Handy Cross  
18 December 2011 Reading  
8 January 2012 Tadley  
22 January 2012 Bracknell  
5 February 2012 Finchcoasters

[www.tvxc.org.uk](http://www.tvxc.org.uk)





# Achievements

We are hoping to start a new section in Metrolines called "Achievements" with the aim of celebrating the achievements of our members, whether it is the first time you have run a mile or your 100th marathon! This will help to put lists of results into perspective.

What we need in our desire to acknowledge these landmarks is to be told of them. Certainly your committee will find out some, but not necessarily all. If you have done something that **you** consider to be an achievement, or if you know of somebody else who has achieved something then please let a committee member know (don't be shy!) and it can be brought to the attention of the membership through this new section.

The Committee

Metros extra curricular activities...



## **Run the Coventry Half and you could win a FREE place in the 2012 Virgin London Marathon**

Sense are offering the opportunity to win a completely free VLM 2012 place - no reg fee or sponsorship commitment!

Sense are Charity of the Year for the Coventry Half Marathon on 2<sup>nd</sup> October 2011 so you would need to join the Sense team for Coventry and raise only £75 in sponsorship. You will then automatically be entered into a draw to win the ultimate runners prize of a completely free VLM 2012 place! No reg fee or sponsorship commitment. **How do I do it?** To register for the Coventry Half Marathon, please visit [www.coventryhalf.com](http://www.coventryhalf.com). Tick the box to indicate that you would like to run for Sense and we will welcome you to the team for this event and possibly the Virgin London Marathon! For more information, please contact us on **0845 127 0063** or email [jackie.bowles@sense.org.uk](mailto:jackie.bowles@sense.org.uk)



## **SHOES FOR SALE**

### **LADIES SAUCONY STABILE SIZE 7**

\_Worn twice BARGAIN price £35.00

Contact Marion Rogan 07946641735 for a 'Test Drive'!

## Lawyers Have Heart 10K (almost), Washington DC, 11<sup>th</sup> June 2011

*Anna Fraczak*

When my friends Cathie and Rob visited in 2010 we planned that for their next trip to New York in 2011 we would all go to Washington for a long weekend. I am ashamed to say that in almost 17 years in the USA I have never been there. Rob runs for Victory AC based in Portsmouth, and so when he found that during our planned weekend trip there was a race taking place he suggested that I also enter. My running, which I had started again in 2009, had come to a stop when I suffered a torn retina, and I was looking for a challenge to encourage me to start training again. So when asked in January if I wanted to run a race in June, the obvious answer was “why not” and I immediately signed up. The cause of the race, American Heart Foundation, was also something close to my heart (sorry for the pun) as my father had passed away from the side effects of a stroke.

On Friday we took the train to Washington and stayed in Georgetown, not only for its charm and character, but also because of its proximity to the race start. Plus I don't know if it has made it to England, the home of the DC Cupcake store.

After checking in at the hotel we walked down to the race start so that we would know exactly where we needed to go the next morning. The race was scheduled to start at 7.30am and we still had to register prior to the start, since registration on Friday closed at 2pm. Apart from a few, very small, posters on lampposts indicating that there would be road closures the next day there were no other signs that an event would be taking place.

It was a very strange feeling standing at the race start with Cathie (who is not a runner). I was extremely nervous not having run an organized race in a very, very, long time. However, I knew that if I had not entered and was only supporting I would have been very disappointed that I was not running. Anyone that remembers Maria Miller, may recall us talking about the pact we made, after marshalling at one London Marathon. Again a scenario where the excitement of the moment finds you signing up to run the race, so we both agreed that if either of us ever weakened and suggested entering, the other was to dissuade her. So far we have maintained that pact. Although I think I might be responsible for suggesting we do Seven Sisters.

I'm not sure if it was the hottest June on record, but at 7.30am the temperature was already in the 80's and the organizers made the decision to change the race to 5K instead of 10K. This was via email at 5am. One good reason to read

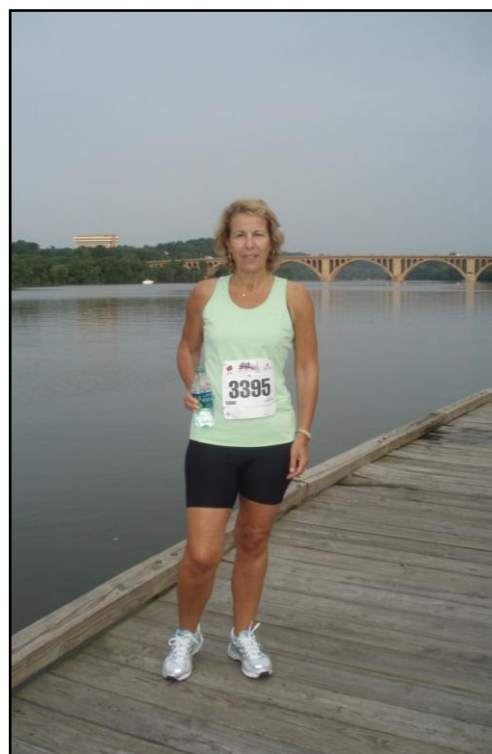


emails when you are on holiday!!! I felt sorry for all those poor people who didn't check their email and had already left home to run 10K and would perhaps not have bothered for the shorter distance.

The organization seemed a little haphazard and the tables to register, collect your number and then your goody bag seemed based on a logic that had to be decidedly American. Everyone seemed to be very laid back and relaxed and in place for the start, if not on time, but shortly after. It was a staggered start with those running 7 minute miles or less going in the first wave, and then those slower than that in a second wave which started about 10mins later.

After the first half a mile, the organizers decision to shorten the distance was shown to be very wise. Apart from the first and last 400yds, which were covered, the rest of the route was on open highway (oops sorry Motorway) with absolutely no shade. Although not the most beautiful or interesting route I have ever run, the fact that it was an out and back course meant that there was always something going on, even if it was the first runners on their way home. The ice cold sponges at the water station were a lifesaver as was sprinkler tent at the end. The tent was about 200 yards from the finish, some runners were going through and others around. For me the decision to run through was a no brainer after all I already looked as if I had taken a shower.

I wasn't terribly happy with my finish time, but I finished strong and still had the energy to do two full days of Washington monument sightseeing in 95degree temperatures. All in all a wonderful weekend, and a race I would consider doing again another year. Now we are planning our next trip, and who knows I am sure that Rob will find another race to enter.



## Results

|                                  |                                    |
|----------------------------------|------------------------------------|
| 1 <sup>st</sup> Man Colin Eustis | 15.02                              |
| 1 <sup>st</sup> Lady Lisa Thomas | 17.32                              |
| 1473 Robert Edwards              | 26.10 4 <sup>th</sup> in age group |
| 3175 Anna Fraczak                | 37.35                              |
| 3349 Last runner                 | 1.05.26                            |

# *The 32nd ANNUAL Metros FUN RUN*

## *The Brian Jackson FUN RUN*

**Saturday 1<sup>st</sup> October, Roxbourne Park from 8.45 am**

This is the longest established Metros event and the club evolved from this event. It was originally designed as a warm-up for the National Fun Run, but it soon became an event in its own right. It is named in honour of Brian Jackson, the founder of the event and, for many years, the organiser.

Although this is a fun run, the course has been reasonably accurately measured and times will be recorded. The event will follow the same format as previous years and, as usual, it will incorporate the BJ Challenge, which is to run all three main races – Ladies 4km, Men's 4km, plus 2km - a total distance of 10km. For those who prefer to walk there is the 2km Bus Pass Challenge walk, open to all ages.

### **The Distances**

7 years & under = 500m

Under 11 = 2km

Over 11 = 4km

### **The Surface**

Parkland (almost all grass)

### **The Place**

Roxbourne Park, Cannon Lane South, Pinner.

### **The time:**

8.45 am Registration. Age as on race day.

### **The Programme:**

(\*denotes BJ Challenge events)

**\*9.15 am 4km**

Ladies age groups 15-34, 35-44, 45-54, 55+  
Girls, Boys 11-14.

**\*9.45 am 4km**

Men age groups: 15-39, 40-49, 50+, 60+

**\*10.15 am 2km**

Girls, Boys 8-10 plus over 10s who wish to run 2km as well as, or instead of, the 4km, and incorporates the Duathlon.

### **Followed by**

**500m**

7 and under

**2km**

Bus Pass Challenge Walk

### **Refreshments:**

In the Scout Hall after the above events.

### **Presentations:**

In the Scout Hall as soon as possible after the events

### **Fee**

**£1**

for one or two races, aged 18 or over on the day

**£2**

BJ Challenge, aged 18 or over on the day

**Free**

Under 18's and Bus Pass Challenge Walk



Medals will be awarded to the first three boys and girls aged 8-10 and 11-14 years.

Plaques, to be held for one year, will be awarded to the leading men and women in various age groups in the BJ Challenge (aggregate time over all three main races).

There are also plaques, again to be held for a year for:

- 1 The fastest man and woman of any age over the 2k course
  - 2 The fastest man and woman runner (both 60+) over the 2km course.
  - 3 The fastest 60+ man and woman walker over the 2km course (in the Bus Pass Challenge Walk).
  - 4 The Duathlon award for the combined fastest 60+ man and woman runner in the 2km race and walker in the 2km Bus Pass Challenge Walk.
- The Duathlon (like the Bus Pass Challenge Walk) is open to all but the awards are for the 60+.

The TWO most important things to note are:

1. ALL AGES AND ABILITIES ARE WELCOME
2. YOU DO NOT HAVE TO BE A MEMBER OF *Metros* TO ENTER, SO BRING ALL YOUR FRIENDS, FAMILY, NEIGHBOURS ETC

**If you'd like to know more, or can offer to help,  
please contact Pat Jackson on 020 8868 5683**

## Top of the (English) World

Dear all (with apologies for some unrefined sections in what was intended to be a short note, but seems headed to compare with a tedious version of Ulysses!)

Very pleased, and relieved, to be able to report that the challenge prompted by

- Alzheimer's Society,
- and their fundraising objective

has been achieved!

On the fund raising side the total raised by the group as a whole had, by Friday 1 July, reached £85,000(!), and was expected to get to £100,000

Thanks to all of you my total is over £1,600, *excluding* gift aid, with the possibility of yet more to come. I am so **very** grateful for your encouragement and support.



A brief account of the trip is as follows;

*Thursday, 23 June, evening*

Over 2 hours spent packing and re-packing bags. Thankfully Yasmin had sorted my medical kit, and Selina had provided some essentials, including a 'snood', and energy gels and assorted bars.

*Friday, 24<sup>th</sup>*

Due to be picked up by fellow trekker ( and Kili man), Paul Smith at 11 a.m. Last minute dash to shops to replace undersized knee support, only to find 'medium' is the only one sold by Sainsbury's, 'because there's no demand for others'(!). No joy in Boots, but come away instead with spare ankle grip. Paul phones 10.50am to say his arrival will be nearer 12 so I get the chance for some gardening therapy.

Soon after mid-day we're on our way and it's thankfully a fairly uneventful journey along M40, M42 ( with that little cut through on A38), and M5. Encounter some queuing due, it seems to an accident, or perhaps just Friday night commuting. I take over the driving near Wolverhampton, and Paul takes well earned nap.

Around 6 pm we arrive in Keswick and eventually find our way to the (fountain of) youth hostel where we are to share a 'cosy' bunk + 1 bedded room with ex-hockey colleague Peter C, (who we later learn is known indirectly to Metros, Nandra, and Janice). Snoring threats turn out not to be so thunderous and it is the sound of the

river flowing alongside the YH that keeps me awake, fretting that it might be rain, though that does arrive the following morning.

We check out the local ale and, most appropriately, down a few pints of Wainwright, in the hope that the great man's experience might somehow be thus passed on to us. We also meet Kevin, a fellow trekker, and Marietta, one of the Alzheimer's Society leaders, who is a good friend of more Metros, Wendy & Mark Mulvenna (small world!)

*Saturday, 25<sup>th</sup>*

6.30 a.m. and time to assemble in the car park of local rugby club. There are 98 fund raisers. We huddle together in the stand and receive briefings from AS reps, and Discovery Adventure team, who have been engaged to lead the climbs, guide and treat the wounded (2 GPs, along with a physio - one of the fund raisers - who were kept fairly busy!). Packed lunches are distributed, and it starts to rain. Waterproof trousers and gaiters donned. Les trois anciennnes ('LTA') are adopted by a young lady, Claire, who soon informs us that she is a mental health nurse. We wonder whether she has seen a need!

And then we're off! A long snake soon develops, naturally, as the first stile is encountered, creating a long gap in time between the first and last to go through, but then also reflecting the range ability and fitness, with a diverse group ranging in age from 19 – 63 (and possibly older). PP&M (Peter, Paul & me) are somewhere in the middle, and comfortable with that pace as we head for our first challenge, and the 3,054ft high Skiddaw, 4<sup>th</sup> highest in England. It turns out to be well named.

The route up is treacherous with wet stones, easily inducing a slip, and the nightmare of scree, with the constant uncertainty of sliding back on a step up (and much worse on the way down). There are two particularly steep sections and the lack of similar terrain in the south east begins to expose the shortcomings of our training sessions but, with head down, and great care, we gradually ascend until we eventually reached one 'top', and then it is but a short, and easier walk to Skiddaw itself.

A strong wind is blowing from left to right, and the summit is mist covered. Not a place to stand around in. We soon start to retrace our steps, finding a sheltered dip to stop and have lunch, before resuming the climb down. I manage to fall three times but thankfully without injury. it wasn't fun.



We are then faced with a 7 mile hike alongside Derwentwater and into Borrowdale, where our guide misses a turning for the second time in the day. It doesn't get much better. From Grange, we struck off on a bridleway (part of the Allerdale Ramble) which skirted the west side of Castle Crag. The final col, which we could see from Tongue Gill, lies between High Doat and High Scawdel (which seems to be part of Dalehead Crags). We see a sign for Seatoller and soon spot the odd tent or 3, and believe we are close to the camp site. But it's akin to a mirage. 4 miles later, and after a climb over yet another broken path – ok what did I expect – travellers?! –to get through a pass, we do eventually arrive in the village, to find the only pub there had shut nearly 2 hours earlier.

But the tents are up, we cast off much of our gear, and head for the mess hall. Not so much later, restored with substantial helpings, and something called lager, spirits revive, and another challenge is not so unwelcome. Unfortunately some of our number have picked up injuries, including Peter, and have to miss the next day (though Peter did get an hour into the trek before reluctantly turning back to allow his knee to mend).

*Sunday, 26<sup>th</sup>*

Scafell Pike and Scafell are our targets this day and we take a route initially alongside the R Derwent to a footbridge (Stockley Bridge), and then along to the south of Sty Head Gill to Sty Head Tarn. It becomes a long trudge in the morning, in better weather. Some unexpected drops appear in the path and we have to negotiate one section with directions on foot and hand holds by two of the leaders. I now regard myself as a fledgling rock climber!

The trek seems endless and the mist is closing in. It is thus with some surprise that we suddenly hear calls from in front of encouragement, and congratulation, for we are almost at the summit! A further short scramble over rocks, but slowly to avoid a fall, and the peak of the highest mountain in England is reached at last! There's a rock built enclosure, where we perch to have our photos taken, and then huddle down out of the wind, as best we can, maximising the protection from others in the group by strategically positioning ourselves behind them! Lunch is taken, and our thoughts turn to Scafell. Our leader gives us a briefing and confirms our next objective, and off we go.

That was as close as we got to it. After a very slow departure over wet boulders on a route different to the one we had come up we eventually reach an easier path, and start to stride off. We pass a shelter and I attempt to jest by noting there's now a pub up there, but it was not to be the case. More relevantly it was the point where we should have turned off to head for Scafell but 'Discovery Adventure' was still making discoveries, and missed this key moment. We then had episode 2 of 'basic rock climbing, and had to manage a steeper drop this time, akin it seemed to abseiling without a rope, as we edged our way downwards, face to rock, frantically clasping at any conceivable hold. Most made it without incident but there was a least one fall, and a bruised and bloodied forehead to show for it.

Having been 'let off' Scafell we were obliged to follow the uphill course of a stream, where I found myself at the head of a group of about 10, all, it seemed, content to mimic my ponderous process, head bent, and sticks to the ready, as I picked out the safer steps in a never ending 'drag'. The top was eventually reached, and the 'fast' group briefly reassembled, before the hares were off again, and the slow and the wounded left to follow on. We were very spread in the latter stages but I took time out to cast off boots et al, and spend a few minutes bathing my feet in the cool running water, before the last section. Almost the best bit of the day. Then our approach to the camp site was suddenly enlivened by a cake and ale (ok, just the cake) proffering group, including Peter, stood at the ready to welcome back some very weary people.

*Monday, 27<sup>th</sup>*

The last day brought another early start, a high cholesterol breakfast, time for the group photo, and the dismantling of our tents. Plan A had been abandoned and there was not to be a 7 mile hike, and climb over a 2,000 ft pass, before *starting* the ascent of Helvellyn. Plan b saw us bundled into cars, and driven to a car park near that welcoming sign of 'The King's Head'. An easier climb, but in considerable heat, saw the group enjoy some splendid views on the way up, and spectacular ones when we reached to top.



*Amazing!* We could see for miles. Looking east there was the path along the top of 'Striding Edge' to our right, and that of 'Swirral Edge' to our left; perhaps for another day. Then the mist closed in, the views disappeared, and our companions were as ghosts unseen in the swirling clouds before us. We thankfully made our way down without incident, and then enjoyed, with one of the other trekkers, a well earned 'jar' in the aforesaid KH.

Party time in the evening came later, in the luxury of hotels(!), and medals awarded. It had been good.

Now we have returned to the task (which was a very simple one, thank you!) of collecting promises of sponsorship, made so much easier with 'Justgiving', and the pleasure of adding up what we have been privileged to be able to gather up and send to **Alzheimer's Society**, to help with the research that is so much needed into this debilitating condition.

Thank you so much

Mike R

# *Results*

## **10K Challenge – 2<sup>nd</sup> July 2011**

|                  | Time for 10k | Age Grading |
|------------------|--------------|-------------|
| Nigel Rackham    | 35:08        | 86.70%      |
| Marion Rogan     | 55:24        | 72.90%      |
| Steve Paull      | 44:47        | 72.60%      |
| Bob Manning      | 51:37        | 72.00%      |
| Kevin Smart      | 43:21        | 72.00%      |
| Peter Jose       | 48:18        | 71.60%      |
| Ann Marsden      | 61:22        | 70.90%      |
| John Gorton      | 46:15        | 70.90%      |
| Mervyn Stuckey   | 46:51        | 70.60%      |
| Jane Hudson      | 52:00        | 67.80%      |
| Judy Rackham     | 53:11        | 65.40%      |
| Dennis Speight   | 48:20        | 64.60%      |
| Kath Donaldson   | 65:51        | 63.10%      |
| Peter Rackham    | 44:12        | 62.10%      |
| Teresa Young     | 57:34        | 62.00%      |
| Gill Young       | 55:57        | 61.40%      |
| Ruth Tidder      | 53:05        | 59.40%      |
| Mike Ransome     | 58:23        | 57.70%      |
| Al Scoffham      | 49:28        | 55.80%      |
| Dave Swan        | 56:49        | 55.40%      |
| Geraldine Gill   | 61:42        | 52.80%      |
| Jonathan Berman  | 58:49        | 52.60%      |
| Peter Stapleton  | 59:53        | 50.50%      |
| Kerry Jeliaskova | 61:04        | 50.30%      |
| Louise Pearson   | 62:07        | 50.20%      |
| Penny Hudson     | 72:05        | 47.70%      |
| Kevin Eckersley  | 67:48        | 47.20%      |

## 10K Challenge

Firstly apologies for the late arrival of these results, since the event took place on a hot 2nd July. And thank you to Irene Paull for timekeeping. This meant that for the first time in the 5 year history of the event I was actually able to run it! Not knowing when I might get another chance to run the event I set myself a target of a silver (62%) and thought I needed to run 58:07. I actually managed 57.34 and so assumed I had gained my award with time to spare. But when I came to calculate the results my score came back as 61.99%. After checking I had entered all the figures correctly and checking a few other people's results I realised that the online calculator was no longer matched to the our challenge table.

With the help of Nigel Rackham we have discovered that the 2006 tables were updated in 2010, but it appears only for women. The targets are now tougher, especially for older women. I have been back and checked the January and April results and the calculator was using the updated 2010 tables then and I had not noticed. Unfortunately I have not been able to find a calculator that is using the old 2006 tables. (Though for any iPhone or iPad users I did find an App that calculates the %score and it even gives you the option of saying whether the run was flat, gentle, rolling, hilly or very hilly - it is called 'Score My Run' and costs 79p).

I will leave a copy of the current challenge chart in the Race Folder in the scout hut along with the January, April and July results. If anyone has a time that they think is borderline between two awards please let me know and we can try and sort it out before the awards evening in November. Meanwhile we will prepare a new challenge sheet for next year.

*Teresa Young*

## Measured Mile – 6<sup>th</sup> August 2011

|          |            |      |             |           |       |
|----------|------------|------|-------------|-----------|-------|
| Nigel    | Rackham    | 4.48 | Ruth        | Tidder    | 7.33  |
| Jonathan | Collier    | 4.91 | Peter       | Stapleton | 7.35  |
| Peter    | Rackham    | 5.17 | Christopher | Hudson    | 7.40  |
| James    | Francis    | 5.44 | Karen       | Collier   | 7.47  |
| Richard  | Francis    | 5.46 | Dave        | Brown     | 7.51  |
| Tom      | Alder      | 5.54 | Errol       | Clarke    | 7.51  |
| Kevin    | Smart      | 5.56 | Louise      | Pearson   | 8.16  |
| Steve    | Paull      | 6.03 | Steve       | Alder     | 8.16  |
| Andrew   | Fox        | 6.09 | Kath        | Donaldson | 8.56  |
| John     | Gorton     | 6.17 | Sue         | Davie     | 8.58  |
| Andrew   | Collier    | 6.26 | Penny       | Hudson    | 9.02  |
| Peter    | Jose       | 6.41 | Karen       | Leary     | 9.06  |
| Simon    | Abery      | 6.46 | Irene       | Paull     | 9.07  |
| Navi     | Dhillon    | 6.48 | Jane        | Mayes     | 9.16  |
| Adam     | Leary      | 6.58 | Stephanie   | Stapleton | 9.24  |
| Jackie   | Cope       | 7.02 | Freya       | Ball      | 9.26  |
| Paul     | Gardner    | 7.05 | Gladys      | De Groot  | 9.43  |
| Gordon   | Valentine  | 7.09 | Eilish      | Fernandez | 9.49  |
| Mike     | Ransome    | 7.10 | Anne        | Leigh     | 12.08 |
| Mandy    | Beuselinck | 7.16 | Preeti      | Khakharia | 12.16 |
| Judy     | Rackham    | 7.23 |             |           |       |

### Burnham Beeches



Nigel receiving his prize from Johnny Ball



Lunch at the Emperor and drinks on Nigel!

### **Regent's Park 10K – 7<sup>th</sup> August 2011**

1: 35:40  
69: 42:28 Pritesh Patel  
543: 1:09:00 Anne Ambrose  
572 (last) 1:29:34

### **North Downs Way 100, Farnham – 13<sup>th</sup> August 2011**

Women: 1<sup>st</sup> Emma Rogan 25:22:00

**Well Done Emma!**

### **Helsinki Marathon – 19<sup>th</sup> August 2011**

1<sup>st</sup> 2:23:24  
983 Steve Paull 3:50:57  
4344 finishers

### **Burnham Beeches Half Marathon – 20<sup>th</sup> August 2011**

|     |                     |         |                     |
|-----|---------------------|---------|---------------------|
| 3   | Nigel Rackham       | 1:14:13 | 1 <sup>st</sup> V40 |
| 25  | Kevin Watson        | 1:23:49 |                     |
| 52  | Nathan Powell       | 1:27:54 |                     |
| 269 | Peter Rackham       | 1:45:58 |                     |
| 442 | Harriet Copland     | 1:56:57 |                     |
| 466 | Jackie Cope         | 1:58:33 |                     |
| 468 | Amanda Beuselinck   | 1:58:40 |                     |
| 469 | Ruth Tidder         | 1:58:40 |                     |
| 510 | Judy Rackham        | 2:00:33 |                     |
| 535 | Marion Rogan        | 2:03:23 |                     |
| 579 | Paul Gardner        | 2:08:21 |                     |
| 661 | Sarah Westwood      | 2:16:26 |                     |
| 691 | Angela Murphy       | 2:22:48 |                     |
| 715 | Raquel Russel-Ponte | 2:34:30 |                     |
| 739 | Sonya Grist         | 2:49:07 |                     |
| 749 | finishers           |         |                     |

**SUMMER LEAGUE**  
**Regent's Park, Hosted by Mornington Chasers, 24 July 2011**

| <b>MEN 10km</b> |                 | <b>Time</b> | <b>Cat</b> | <b>Points</b> | <b>Bonus Pts</b> | <b>Total</b> |
|-----------------|-----------------|-------------|------------|---------------|------------------|--------------|
| 3               | Nigel Rackham   | 33.58       | 3          | 298           | 10               | 308          |
| 19              | Richard Francis | 39.17       | 4          | 282           | 15               | 297          |
| 31              | Nathan Powell   | 40.34       | 2          | 270           | 5                | 275          |
| 42              | Peter Rackham   | 41.57       | 1          | 259           | 0                | 259          |
| 48              | Pritesh Patel   | 42.19       | 1          | 253           | 0                | 253          |
| 49              | Mitesh Patel    | 42.20       | 1          | 252           | 0                | 252          |
| 51              | Steve Paull     | 42.43       | 5          | 250           | 20               | 270          |
| 68              | Terry Burke     | 45.14       | 6          | 233           | 25               | 258          |
| 88              | Peter Jose      | 50.03       | 6          | 213           | 25               | 238          |
| 90              | Andrew Collier  | 50.26       | 3          | 211           | 10               | 221          |
| 95              | Bob Manning     | 51.42       | 8          | 206           | 35               | 241          |
| 105             | Chris Roome     | 52.55       | 9          | 196           | 40               | 236          |

**LADIES 10km**

|    |                 |       |   |     |    |     |
|----|-----------------|-------|---|-----|----|-----|
| 41 | Harriet Copland | 50.45 | 2 | 260 | 5  | 265 |
| 42 | Donna Warren    | 51.01 | 2 | 259 | 5  | 264 |
| 44 | Gertrud Porter  | 51.19 | 6 | 257 | 25 | 282 |
| 50 | Judy Rackham    | 53.03 | 4 | 251 | 15 | 266 |
| 62 | Jane Hudson     | 58.11 | 4 | 239 | 15 | 254 |
| 77 | Penny Hudson    | 69.59 | 4 | 224 | 15 | 239 |
| 79 | Irene Paull     | 71.20 | 4 | 222 | 15 | 237 |
| 80 | Gladys de Groot | 74.46 | 6 | 221 | 25 | 246 |

**TENDERFOOT Boys**

|   |                    |    |     |    |     |
|---|--------------------|----|-----|----|-----|
| 1 | Jonathan Collier   | Y1 | 100 | 0  | 100 |
| 3 | James Francis      | Y2 | 98  | 2  | 100 |
| 9 | Christopher Hudson | Y9 | 92  | 16 | 108 |

**TENDERFOOT Girls**

|   |                |    |     |   |     |
|---|----------------|----|-----|---|-----|
| 1 | Eleanor Murray | Y4 | 100 | 6 | 106 |
|---|----------------|----|-----|---|-----|

**RELAYS (All relay results are before any weighting for age)**

**Mens A Team**

|                  |                  |
|------------------|------------------|
| Jonathan Collier | 0m 51.31s        |
| Nathan Powell    | 0m 51.54s        |
| James Francis    | 0m 51.15s        |
| Nigel Rackham    | 0m 59.11s        |
| Richard Francis  | 0m 58.50s        |
| Peter Rackham    | <u>0m 54.85s</u> |
|                  | 5m 26.46s        |

5<sup>th</sup> from 6 teams

**Ladies Team**

|                 |                  |
|-----------------|------------------|
| Donna Warren    | 1m 09.87s        |
| Eleanor Murray  | 1m 09.30s        |
| Gertrud Porter  | 1m 26.27s        |
| Harriet Copland | <u>1m 12.23s</u> |
|                 | 4m 57.67s        |

5<sup>th</sup> from 6 teams

**B1 Team**

|                |                  |
|----------------|------------------|
| Andrew Collier | 1m 00.55s        |
| Bob Manning    | 1m 06.99s        |
| Terry Burke    | 1m 03.97s        |
| Chris Roome    | 1m 28.14s        |
| Pritesh Patel  | 1m 05.73s        |
| Mitesh Patel   | <u>0m 59.06s</u> |
|                | 6m 44.44s        |

4<sup>th</sup> from 6 teams**B2 Team**

|                    |                  |
|--------------------|------------------|
| Judy Rackham       | 1m 26.24s        |
| Christopher Hudson | 1m 23.54s        |
| Peter Jose         | 1m 13.05s        |
| Penny Hudson       | 1m 45.29s        |
| Gladys de Groot    | 1m 39.09s        |
| Jane Hudson        | <u>1m 45.98s</u> |
|                    | 9m 13.74s        |

4<sup>th</sup> from 4 teams

With thanks to Dave Brown for compiling and timing Metros teams in the relays.

**CLUB POSITIONS**

|          |                      | Men          | Women        | Tendrf     | Relays       | Total        |
|----------|----------------------|--------------|--------------|------------|--------------|--------------|
| 1        | Mornington Chasers   | 1,442        | 1,514        | 639        | 1,283        | 4,878        |
| 2        | Serpentine           | 1,486        | 1,483        | 529        | 1,019        | 4,517        |
| 3        | Ealing S & Middx     | 1,444        | 1,495        | 302        | 1,026        | 4,267        |
| <b>4</b> | <b>Metros</b>        | <b>1,409</b> | <b>1,331</b> | <b>414</b> | <b>1,088</b> | <b>4,242</b> |
| 5        | Dulwich              | 1,364        | 1,376        | 198        | 1,094        | 4,032        |
| 6        | Queens Park Harriers | 1,323        | 1,010        | 314        | 470          | 3,117        |
| 7        | Sudbury Court        | 1,013        | 461          | 0          | 125          | 1,689        |
| 8        | Hayes & Harlington   | 488          | 240          | 0          | 0            | 728          |

**CUMULATIVE(after 4 fixtures)**

|          |                      | Men          | Women        | Tendrf       | Relays       | Total         |
|----------|----------------------|--------------|--------------|--------------|--------------|---------------|
| 1        | Mornington Chasers   | 5,834        | 6,019        | 2,241        | 4,163        | 18,437        |
| 2        | Serpentine           | 5,870        | 5,860        | 2,094        | 3,549        | 17,373        |
| 3        | Dulwich              | 5,489        | 5,744        | 1,744        | 4,173        | 17,150        |
| <b>4</b> | <b>Metros</b>        | <b>5,570</b> | <b>5,472</b> | <b>1,557</b> | <b>4,251</b> | <b>16,850</b> |
| 5        | Ealing S&Middx       | 5,829        | 5,689        | 828          | 3,584        | 15,930        |
| 6        | Queens Park Harriers | 5,658        | 3,183        | 625          | 1,634        | 11,100        |
| 7        | Sudbury Court        | 4,723        | 3,064        | 0            | 1,087        | 8,874         |
| 8        | Hayes & Harlington   | 2,298        | 1,023        | 0            | 0            | 3,321         |

Pat Jackson

**SUMMER LEAGUE**  
**Battersea Park, Hosted by Serpentine, 14August 2011**

| <b>MEN 10km</b> |                 | <b>Time</b> | <b>Cat</b> | <b>Points</b> | <b>Bonus Pts</b> | <b>Total</b> |
|-----------------|-----------------|-------------|------------|---------------|------------------|--------------|
| 7               | Ron Taylor      | 29.22       | 1          | 294           | 0                | 294          |
| 19              | Richard Francis | 30.27       | 4          | 282           | 15               | 297          |
| 21              | Tom Alder       | 30.43       | 1          | 280           | 0                | 280          |
| 38              | Mitesh Patel    | 32.40       | 1          | 263           | 0                | 263          |
| 41              | Pritesh Patel   | 33.17       | 1          | 260           | 0                | 260          |
| 42              | Steve Paull     | 32.22       | 5          | 259           | 20               | 279          |
| 45              | Kevin Smart     | 33.44       | 4          | 256           | 15               | 271          |
| 55              | Terry Burke     | 35.03       | 6          | 246           | 25               | 271          |
| 71              | Peter Jose      | 38.41       | 6          | 230           | 25               | 255          |
| 81              | Paul Gardner    | 41.19       | 4          | 220           | 15               | 235          |
| 91              | Steve Alder     | 51.25       | 3          | 210           | 10               | 220          |

**LADIES 10km**

|    |                 |       |   |     |    |     |
|----|-----------------|-------|---|-----|----|-----|
| 35 | Jane Hudson     | 43.34 | 4 | 266 | 15 | 281 |
| 59 | Irene Paull     | 54.41 | 4 | 242 | 15 | 257 |
| 60 | Penny Hudson    | 54.48 | 4 | 241 | 15 | 256 |
| 63 | Gladys de Groot | 59.16 | 6 | 238 | 25 | 263 |

**TENDERFOOT Boys**

|   |                    |      |    |     |    |     |
|---|--------------------|------|----|-----|----|-----|
| 1 | James Francis      | 4.29 | Y2 | 100 | 2  | 102 |
| 5 | Christopher Hudson | 6.02 | Y9 | 96  | 16 | 112 |

**RELAYS (All relay results are before any weighting for age)**

**Mens A Team**

|                 |                  |
|-----------------|------------------|
| Tom Alder       | 0m 57.25s        |
| James Francis   | 0m 57.31s        |
| Richard Francis | 1m 03.46s        |
| Kevin Smart     | 0m 57.45s        |
| Mitesh Patel    | 1m 00.86s        |
| Ron Taylor      | <u>0m 54.07s</u> |
|                 | 5m 50.40s        |

2<sup>nd</sup> from 5 teams

**B1 Team**

|                    |                  |
|--------------------|------------------|
| Pritesh Patel      | 1m 06.71s        |
| Paul Gardner       | 1m 11.46s        |
| Peter Jose         | 1m 20.54s        |
| Christopher Hudson | 1m 28.98s        |
| Jane Hudson        | 1m 32.00s        |
| Terry Burke        | <u>1m.09.31s</u> |
|                    | 7m 49.00s        |

6<sup>th</sup> from 6 teams

With thanks to Dave Brown for compiling and timing Metros teams in the relays.

### CLUB POSITIONS – Battersea Park

|          |                      | Men          | Women        | Tendrf     | Relays     | Total        |
|----------|----------------------|--------------|--------------|------------|------------|--------------|
| 1        | Dulwich              | 1,337        | 1,463        | 639        | 714        | 4,153        |
| 2        | Mornington Chasers   | 1,457        | 1,483        | 311        | 826        | 4,077        |
| 3        | Serpentine           | 1,471        | 1,471        | 0          | 548        | 3,490        |
| 4        | Ealing S & Middx     | 1,474        | 1,191        | 113        | 543        | 3,321        |
| <b>5</b> | <b>Metros</b>        | <b>1,421</b> | <b>1,057</b> | <b>214</b> | <b>458</b> | <b>3,150</b> |
| 6        | Queens Park Harriers | 1,317        | 546          | 0          | 175        | 2,038        |
| 7        | Hayes & Harlington   | 780          | 256          | 0          | 0          | 1,036        |
| 8        | Sudbury Court        | 494          | 501          | 0          | 0          | 995          |

### SUMMER LEAGUE RESULTS AT THE END OF THE 2011 SEASON

#### CLUB CUMULATIVE POSITIONS (final after all 5 fixtures)

|   |                      | Men          | Women        | Tendrf       | Relays       | Total         |
|---|----------------------|--------------|--------------|--------------|--------------|---------------|
| 1 | Mornington Chasers   | 7,296        | 7,502        | 2,732        | 4,989        | 22,519        |
| 2 | Dulwich              | 6,826        | 7,207        | 2,383        | 4,887        | 21,303        |
| 3 | Serpentine           | 7,341        | 7,331        | 2,092        | 4,097        | 20,861        |
| 4 | <b>Metros</b>        | <b>6,991</b> | <b>6,529</b> | <b>1,771</b> | <b>4,709</b> | <b>20,000</b> |
| 5 | Ealing S & Middx     | 7,303        | 6,880        | 941          | 4,127        | 19,251        |
| 6 | Queens Park Harriers | 6,975        | 3,734        | 625          | 1,809        | 13,143        |
| 7 | Sudbury Court        | 5,217        | 3,565        | 0            | 1,087        | 9,869         |
| 8 | Hayes & Harlington   | 3,078        | 1,279        | 0            | 0            | 4,357         |

## INDIVIDUAL CUMULATIVE POSITIONS (provisional after all 5 fixtures)

Awards from the League are based on the best three scores and are presented at the first fixture of 2012.

Metros own awards are based on four out of five fixtures and extra points are awarded if all events are completed. These are presented at the Metros Quiz and Awards Presentation Evening in November.

| <b>MEN</b>          | <b>Cat.</b> | <b>Dulwich</b> | <b>Harrow</b> | <b>Ealing</b> | <b>Regents<br/>Pk</b> | <b>Battersea<br/>Pk</b> | <b>Total</b> |
|---------------------|-------------|----------------|---------------|---------------|-----------------------|-------------------------|--------------|
| 11 Tom Alder        | 1           | 0              | 289           | 287           | 0                     | 280                     | 856          |
| 18 Pritesh Patel    | 1           | 0              | 264           | 270           | 253                   | 260                     | 794          |
| 19 Peter Rackham    | 1           | 0              | 254           | 264           | 259                   | 0                       | 777          |
| 20 Mitesh Patel     | 1           | 0              | 257           | 260           | 252                   | 263                     | 775          |
| 40 Jonny Jackson    | 1           | 232            | 263           | 0             | 0                     | 0                       | 495          |
| 54 Ron Taylor       | 1           | 0              | 0             | 0             | 0                     | 294                     | 294          |
| 96 Matthew Daniel   | 1           | 0              | 0             | 231           | 0                     | 0                       | 231          |
| 12 Nathan Powell    | 2           | 0              | 0             | 0             | 275                   | 0                       | 275          |
| 1 Nigel Rackham     | 3           | 0              | 310           | 310           | 308                   | 0                       | 928          |
| 10 Andrew Collier   | 3           | 223            | 232           | 0             | 221                   | 0                       | 676          |
| 15 Andy Fox         | 3           | 0              | 268           | 0             | 0                     | 0                       | 268          |
| 19 Peter Beuselinck | 3           | 0              | 242           | 0             | 0                     | 0                       | 242          |
| 22 Peter Stapleton  | 3           | 0              | 230           | 0             | 0                     | 0                       | 230          |
| 23 Steve Alder      | 3           | 0              | 0             | 0             | 0                     | 220                     | 220          |
| 2 Richard Francis   | 4           | 0              | 0             | 299           | 297                   | 297                     | 893          |
| 12 Paul Gardner     | 4           | 0              | 241           | 240           | 0                     | 235                     | 716          |
| 16 Kevin Smart      | 4           | 0              | 0             | 284           | 0                     | 271                     | 555          |
| 19 Al Scoffham      | 4           | 0              | 253           | 260           | 0                     | 0                       | 513          |
| 27 Dennis Speight   | 4           | 0              | 261           | 0             | 0                     | 0                       | 261          |
| 2 Steve Paull       | 5           | 269            | 287           | 288           | 270                   | 279                     | 854          |
| 7 John Camprubi     | 5           | 0              | 281           | 286           | 0                     | 0                       | 567          |
| 13 Dave Young       | 5           | 0              | 268           | 0             | 0                     | 0                       | 268          |
| 14 Mervyn Stuckey   | 5           | 0              | 261           | 0             | 0                     | 0                       | 261          |
| 2 Terry Burke       | 6           | 258            | 274           | 279           | 258                   | 271                     | 824          |
| 5 Peter Jose        | 6           | 244            | 0             | 273           | 238                   | 255                     | 772          |
| 10 John Stratford   | 6           | 0              | 253           | 0             | 0                     | 0                       | 253          |
| 1 Bob Manning       | 8           | 239            | 270           | 268           | 241                   | 0                       | 779          |
| 1 Chris Roome       | 9           | 241            | 269           | 269           | 236                   | 0                       | 779          |

| <b>WOMEN</b>            | <b>Cat.</b> | <b>Dulwich</b> | <b>Harrow</b> | <b>Ealing</b> | <b>Regents Pk</b> | <b>Battersea Pk</b> | <b>Total</b> |
|-------------------------|-------------|----------------|---------------|---------------|-------------------|---------------------|--------------|
| 7 Harriet Copland       | 2           | 264            | 278           | 0             | 265               | 0                   | 807          |
| 11 Donna Warren         | 2           | 0              | 282           | 0             | 364               | 0                   | 546          |
| 19 Mandy Beuselinck     | 2           | 0              | 275           | 0             | 0                 | 0                   | 275          |
| 21 Julia Allen          | 2           | 0              | 264           | 0             | 0                 | 0                   | 264          |
| 11 Ann Lavers           | 3           | 0              | 281           | 0             | 0                 | 0                   | 281          |
| 12 Carole Wells         | 3           | 0              | 273           | 0             | 0                 | 0                   | 273          |
| 13 Geraldine Gill       | 3           | 0              | 265           | 0             | 0                 | 0                   | 265          |
| 5 Jane Hudson           | 4           | 271            | 287           | 290           | 254               | 281                 | 858          |
| 6 Penny Hudson          | 4           | 245            | 257           | 268           | 239               | 256                 | 781          |
| 7 Irene Paull           | 4           | 246            | 256           | 267           | 237               | 257                 | 780          |
| 10 Judy Rackham         | 4           | 0              | 284           | 0             | 266               | 0                   | 550          |
| 12 Anne Ambrose         | 4           | 0              | 261           | 0             | 0                 | 0                   | 261          |
| 13 Linda Gaitskell      | 4           | 0              | 259           | 0             | 0                 | 0                   | 259          |
| 8 Jackie Cope           | 5           | 0              | 295           | 0             | 0                 | 0                   | 295          |
| 9 Sarah Westwood        | 5           | 0              | 274           | 0             | 0                 | 0                   | 274          |
| 2 Gertrud Porter        | 6           | 287            | 0             | 301           | 282               | 0                   | 870          |
| 3 Gladys De Groot       | 6           | 0              | 0             | 276           | 246               | 263                 | 785          |
| 6 Kath Donaldson        | 6           | 0              | 273           | 0             | 0                 | 0                   | 273          |
| 7 Angela Murphy         | 6           | 0              | 268           | 0             | 0                 | 0                   | 268          |
| 2 Ann Marsden           | 7           | 0              | 286           | 0             | 0                 | 0                   | 286          |
| 3 Raquel Russel         | 7           | 0              | 279           | 0             | 0                 | 0                   | 279          |
| Ponte                   |             |                |               |               |                   |                     |              |
| <b>TENDERFOOT BOYS</b>  |             |                |               |               |                   |                     |              |
| 1 Jonathan Collier      | Y1          | 0              | 100           | 0             | 100               | 0                   | 200          |
| 1 James Francis         | Y2          | 102            | 101           | 101           | 100               | 102                 | 305          |
| 1 Christopher Hudson    | Y9          | 113            | 107           | 110           | 108               | 112                 | 335          |
| <b>TENDERFOOT GIRLS</b> |             |                |               |               |                   |                     |              |
| 2 Olivia Gill           | Y2          | 0              | 99            | 0             | 0                 | 0                   | 99           |
| 3 Stephanie Stapleton   | Y2          | 0              | 94            | 0             | 0                 | 0                   | 94           |
| 4 Freya Ball            | Y2          | 0              | 93            | 0             | 0                 | 0                   | 93           |
| 5 Emma Collier          | Y3          | 0              | 98            | 0             | 0                 | 0                   | 98           |
| 1 Eleanor Murray        | Y4          | 0              | 106           | 104           | 106               | 0                   | 316          |

Thank you to all who have run in any of the Summer League fixtures. Special thanks to Dave Brown, Irene and Steve Paull, Bronwyn Francis and Jonny Jackson for arranging and timing relay teams and registering and recording Metros runners.

A further thank you to all who ran, helped or supported our host event in Headstone Manor Recreation Ground.

Pat Jackson – Metros Summer League Co-ordinator

### **5k Race 20 August 2011**

| <b>Position</b> | <b>Name</b>              | <b>Time</b> | <b>Age %</b> |
|-----------------|--------------------------|-------------|--------------|
| 1               | Nigel Rackham            | 18:13       | 78.6%        |
| 2               | Peter Rackham            | 20:58       | 61.5%        |
| 3               | Kevin Smart              | 21:01       | 69.8%        |
| 4               | Peter Jose               | 23:02       | 70.6%        |
| 5               | Mervyn Stuckey           | 23:11       | 67.7%        |
| 6               | Al Scoffham              | 23:17       | 64.6%        |
| 7               | Bob Manning              | 24:34       | 71.0%        |
| 8               | Donna Warren             | 24:46       | 61.0%        |
| 9               | Dave Young               | 25:08       | 60.8%        |
| 10              | Judy Rackham             | 26:14       | 64.5%        |
| 11              | Paul Gardner             | 26:52       | 55.5%        |
| 12              | Julia Allen              | 27:16       | 57.0%        |
| 13              | Mike Ransome             | 27:18       | 57.8%        |
| 14              | Teresa Young             | 27:49       | 62.5%        |
| 15              | Louise Pearson           | 28:36       | 52.1%        |
| 16              | Geraldine Gill           | 29:12       | 52.7%        |
| 17              | Lucy Allen               | 29:35       | 51.7%        |
| 18              | Steve Alder              | 29:49       | 48.0%        |
| 19              | Bev Singleton            | 29:53       | 51.5%        |
| 20              | Malcolm Pearson          | 30:12       | 43.2%        |
| 21              | Olivia Gill              | 30:28       | 50.2%        |
| 22              | Rosemary Harrington      | 30:53       | 54.8%        |
| 23              | Joanne Hunt              | 31:31       | 45.7%        |
| 24              | Raquel Russel-Ponte      | 32:39       | 66.5%        |
| 25              | Jane Mayes               | 33:02       | 54.1%        |
| 26              | Penny Hudson             | 33:21       | 50.1%        |
| 27              | Barbara Blum             | 33:28       | 48.1%        |
| 28              | Dennis Speight           | 33:29       | 43.8%        |
| 29              | Anne Ambrose             | 33:37       | 52.4%        |
| 30              | Jacqui Poole             | 33:43       | 51.6%        |
| 31              | Gladys de Groot          | 35:23       | 55.0%        |
| 32              | Jeanne Coker (Walker)    | 46:40       | 51.1%        |
| 33              | Barbara Robson (Walker)  | 50:00       | 50.3%        |
| 34              | Jasmine Ransome (Walker) | 50:00       | 37.7%        |

Lovely weather for the third 5k of the year and congratulations to all who took part. Well done to the first timers and the Rackham family, 1<sup>st</sup> & 2<sup>nd</sup> male and 2<sup>nd</sup> lady.

Thanks to Wendy for helping with results and marshalling. Chris Roome for marshalling and clearing the course and Teresa with the results

Next event: Saturday 19 November

## First Aid Course

1 Day Paediatric First Aid Course on Sun 11th September  
3 Day HSE First Aid at Work Course on 4th, 6th and 7th October  
2 Day HSE First Aid at Work Requalification Course on 10th and 11th October.

All in the Pinner or Harrow area

Contact me on 0208 866 1170, [mcstraining@hotmail.co.uk](mailto:mcstraining@hotmail.co.uk), or see me at the scout hut after the Saturday running session for further details.

Thanks,

Margaret

### **Metros REGULAR RUNS**

|                  |              |                                                                                   |               |
|------------------|--------------|-----------------------------------------------------------------------------------|---------------|
| <b>MONDAY</b>    | <b>20.00</b> | Teresa Young                                                                      | 020 8866 3225 |
|                  |              | Mike Ransome                                                                      | 07802 839 498 |
|                  |              | Email: <a href="mailto:mondaymetros@yahoo.co.uk">mondaymetros@yahoo.co.uk</a>     |               |
| <b>TUESDAY</b>   | <b>20.00</b> | Garry Young                                                                       | 01923 833 726 |
| <b>WEDNESDAY</b> | <b>19.15</b> | Dave Brown                                                                        | 020 8933 1821 |
| <b>THURSDAY</b>  | <b>19.00</b> | Sue Davie                                                                         |               |
|                  |              | Email: <a href="mailto:thursdaymetros@yahoo.co.uk">thursdaymetros@yahoo.co.uk</a> |               |
| <b>SATURDAY</b>  | <b>09.00</b> | Dave Young                                                                        | 020 8866 3225 |
| <b>SUNDAY</b>    | <b>09.30</b> | Anne Leigh                                                                        | 01753 888 839 |

**Not every week – please phone Anne to confirm**

**See website for more details: [www.metros.org.uk](http://www.metros.org.uk)**

# *Runners' Recipes*

I don't know about you, but my apples are ready and raring to go – here's a recipe to get them started!

## **Ginger Baked Bramleys**

Preparation time: 10 minutes

Cooking time: 20 minutes

Serves: 4

### **Ingredients**

900g/2lb (approx 5) Bramley apples

50g/2oz butter, softened

50g/2oz muscavado sugar

4 balls of stem ginger, finely chopped

75g/3oz raisins

Baked Bramleys is a classic pudding that's so easy

- anyone can do it! This version has a delicious ginger twist, but why not experiment with different flavours once you have perfected the recipe?

Preheat the oven to 200°C/Fan 180°C/400°F/Gas Mark 6. Use a small knife (or an apple corer, if you have one) to remove the core from the centre of each Bramley, leaving a hole about 4cm wide in the centre.

Then use a knife to score a cross into the top of each apple

Cream the butter and sugar together, and stir in the ginger and raisins.

Divide the mixture between the Bramleys, pushing it into the cavities.

Then place them all in an ovenproof dish

Bake for 20 minutes or until tender. Spoon the juices from the base of the dish over each Baked Bramley and serve warm with cream or ice cream

### **Microwave Method**

Add the filling and place the Bramleys in a microwaveable dish. Cover loosely with greaseproof paper and cook on HIGH for 10 mins, or until the apples are tender, turning once.

Microwave instructions are based on 650w ovens, so adjust the time according to the power of your oven



### **Committee Meetings**

These are held at Cannon Lane Methodist Church, Cannon Lane, Pinner at **8pm** on the last Wednesday of most months (but usually not May, August or December) and we are open to all members.

### **Metros Website**

[www.metros.org.uk](http://www.metros.org.uk)

Contributions to: [ks@d4b.co.uk](mailto:ks@d4b.co.uk)

If you have information and/or photographs relating to club events that you feel should be on the website please send details to Kevin at the above email address.

### **Metros Kit**

Metros breathable vests and long and short sleeved T-shirts are available from Pat Jackson – tel. 020 8868 5683. Price: T-shirt £15, £18; vest £12.

Metros vests can also be purchased at Runner's World, 139 Field End Road, Eastcote, HA5 1QH. Tel. 020 8868 6997. (Runner's World does not have any Metros T-shirts).

### **First Aid**

If you hold a valid First Aid Certificate please could you let me know so that we have a list for run co-ordinators, in case of an incident.

If you are interested in taking a First Aid course, we may be able to arrange it. Thank you.

**Jane Scoffham: tel. 01895 270245**

### **Metrolines**

Contributions to: Penny and Jane Hudson

Email: [metrolines1@gmail.com](mailto:metrolines1@gmail.com)

***Contributions by: 27<sup>th</sup> of each month please.***

If you would like to receive Metrolines by email, please send your details to Jane or Penny Hudson at the email address above.

When submitting articles, please ensure that all information is correct and that times, dates and places are clearly shown.

**Photocopying: Pat Jackson**

**Distribution: Ian Bocock**

### **Advertising**

If you would like to advertise in Metrolines the rates are as follows:

Full page     £5

Half page     £3

Quarter page £2

### **Coaching**

The committee has allocated a running training budget, so if you are interested please find a course that you would like to do and then contact

**Jane Scoffham: tel. 01895 270245**